



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 01127, Egg, yolk, raw, frozen, sugared, pasteurized**

Report Date: July 09, 2017 11:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
<b>Proximates</b>						
Water <sup>1</sup>	g	51.23	3	--	14.52	116.29
Energy	kcal	307	--	--	87	697
Energy	kJ	1283	--	--	364	2912
Protein <sup>1</sup>	g	13.87	3	--	3.93	31.48
Total lipid (fat) <sup>1</sup>	g	22.82	3	--	6.47	51.80
Ash <sup>1</sup>	g	1.13	3	--	0.32	2.57
Carbohydrate, by difference	g	10.95	--	--	3.10	24.86
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total <sup>1</sup>	g	10.30	3	--	2.92	23.38
Sucrose <sup>1</sup>	g	10.10	3	--	2.86	22.93
Glucose (dextrose) <sup>1</sup>	g	0.10	3	--	0.03	0.23
Fructose <sup>1</sup>	g	0.10	3	--	0.03	0.23
Lactose <sup>1</sup>	g	0.00	3	--	0.00	0.00
Maltose <sup>1</sup>	g	0.00	3	--	0.00	0.00
Galactose <sup>1</sup>	g	0.00	3	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1</sup>	mg	124	3	--	35	281
Iron, Fe <sup>1</sup>	mg	3.70	3	--	1.05	8.40
Magnesium, Mg <sup>1</sup>	mg	10	3	--	3	23
Phosphorus, P <sup>1</sup>	mg	404	3	--	115	917
Potassium, K <sup>1</sup>	mg	105	3	--	30	238
Sodium, Na <sup>1</sup>	mg	70	3	--	20	159

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
Zinc, Zn <sup>1</sup>	mg	3.06	3	--	0.87	6.95
Copper, Cu	mg	0.012	2	--	0.003	0.027
Manganese, Mn <sup>1</sup>	mg	0.080	3	--	0.023	0.182
Selenium, Se <sup>1</sup>	µg	53.5	3	--	15.2	121.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin <sup>1</sup>	mg	0.140	3	--	0.040	0.318
Riboflavin <sup>1</sup>	mg	0.523	3	--	0.148	1.187
Niacin <sup>1</sup>	mg	0.037	3	--	0.010	0.084
Pantothenic acid <sup>1</sup>	mg	3.287	3	--	0.932	7.461
Vitamin B-6 <sup>1</sup>	mg	0.398	3	--	0.113	0.903
Folate, total <sup>1</sup>	µg	174	3	--	49	395
Folic acid	µg	0	--	--	0	0
Folate, food	µg	174	3	--	49	395
Folate, DFE	µg	174	--	--	49	395
Choline, total <sup>1</sup>	mg	669.3	3	--	189.7	1519.3
Vitamin B-12 <sup>1</sup>	µg	1.64	3	--	0.46	3.72
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	316	--	--	90	717
Retinol	µg	313	--	--	89	711
Carotene, beta <sup>1</sup>	µg	0	3	--	0	0
Carotene, alpha	µg	38	--	--	11	86
Cryptoxanthin, beta	µg	33	--	--	9	75
Vitamin A, IU	IU	1103	--	--	313	2504
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin <sup>1</sup>	µg	967	3	--	274	2195
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	2.25	3	--	0.64	5.11
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	3.1	3	--	0.9	7.0
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	3.1	3	--	0.9	7.0
Vitamin D <sup>1</sup>	IU	123	3	--	35	279
Vitamin K (phylloquinone)	µg	0.7	--	--	0.2	1.6

## Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
Fatty acids, total saturated	g	7.110	--	--	2.016	16.140
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 <sup>1</sup>	g	0.000	3	--	0.000	0.000
10:0 <sup>1</sup>	g	0.000	3	--	0.000	0.000
12:0 <sup>1</sup>	g	0.003	3	--	0.001	0.007
14:0 <sup>1</sup>	g	0.104	3	--	0.029	0.236
15:0 <sup>1</sup>	g	0.013	3	--	0.004	0.030
16:0 <sup>1</sup>	g	5.127	3	--	1.454	11.638
17:0 <sup>1</sup>	g	0.041	3	--	0.012	0.093
18:0 <sup>1</sup>	g	1.822	3	--	0.517	4.136
20:0 <sup>1</sup>	g	0.000	3	--	0.000	0.000
22:0 <sup>1</sup>	g	0.000	3	--	0.000	0.000
24:0 <sup>1</sup>	g	0.000	3	--	0.000	0.000
Fatty acids, total monounsaturated	g	8.885	--	--	2.519	20.169
14:1 <sup>1</sup>	g	0.019	3	--	0.005	0.043
15:1 <sup>1</sup>	g	0.000	3	--	0.000	0.000
16:1 undifferentiated <sup>1</sup>	g	0.527	3	--	0.149	1.196
17:1 <sup>1</sup>	g	0.022	3	--	0.006	0.050
18:1 undifferentiated <sup>1</sup>	g	8.259	3	--	2.341	18.748
20:1 <sup>1</sup>	g	0.058	3	--	0.016	0.132
22:1 undifferentiated <sup>1</sup>	g	0.000	3	--	0.000	0.000
22:1 c <sup>1</sup>	g	0.000	3	--	0.000	0.000
Fatty acids, total polyunsaturated	g	3.856	--	--	1.093	8.753
18:2 undifferentiated <sup>1</sup>	g	3.154	3	--	0.894	7.160
18:3 undifferentiated <sup>1</sup>	g	0.112	3	--	0.032	0.254
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.083	3	--	0.024	0.188
18:3 n-6 c,c,c <sup>1</sup>	g	0.029	3	--	0.008	0.066
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.048	3	--	0.014	0.109
20:3 undifferentiated <sup>1</sup>	g	0.000	3	--	0.000	0.000
20:4 undifferentiated <sup>1</sup>	g	0.400	3	--	0.113	0.908

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	3	--	0.000	0.000
22:5 n-3 (DPA) <sup>1</sup>	g	0.013	3	--	0.004	0.030
22:6 n-3 (DHA) <sup>1</sup>	g	0.129	3	--	0.037	0.293
Fatty acids, total trans	g	0.115	--	--	0.033	0.261
Cholesterol <sup>1</sup>	mg	917	3	--	260	2082
<b>Amino Acids</b>						
Tryptophan <sup>1</sup>	g	0.190	--	--	0.054	0.431
Threonine <sup>1</sup>	g	0.627	--	--	0.178	1.423
Isoleucine <sup>1</sup>	g	0.697	--	--	0.198	1.582
Leucine <sup>1</sup>	g	1.180	--	--	0.335	2.679
Lysine <sup>1</sup>	g	1.033	--	--	0.293	2.345
Methionine <sup>1</sup>	g	0.360	--	--	0.102	0.817
Cystine <sup>1</sup>	g	0.227	--	--	0.064	0.515
Phenylalanine <sup>1</sup>	g	0.607	--	--	0.172	1.378
Tyrosine <sup>1</sup>	g	0.507	--	--	0.144	1.151
Valine <sup>1</sup>	g	0.790	--	--	0.224	1.793
Arginine <sup>1</sup>	g	0.917	--	--	0.260	2.082
Histidine <sup>1</sup>	g	0.353	--	--	0.100	0.801
Alanine <sup>1</sup>	g	0.703	--	--	0.199	1.596
Aspartic acid <sup>1</sup>	g	1.337	--	--	0.379	3.035
Glutamic acid <sup>1</sup>	g	1.690	--	--	0.479	3.836
Glycine <sup>1</sup>	g	0.417	--	--	0.118	0.947
Proline <sup>1</sup>	g	0.547	--	--	0.155	1.242
Serine <sup>1</sup>	g	1.137	--	--	0.322	2.581
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>American Egg Board American Egg Board-Egg Nutrition Center Study, 2005